

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A225 – SWEET POTATOES, FROZEN, MASHED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A, mashed sweet potatoes, golden, yellow, or mixed.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb bags per case. One 5 lb bag AP yields about 9³/₈ cups cooked, mashed sweet potatoes and provides about 37.7 1/4-cup servings cooked vegetable. One lb AP yields 0.99 lb (about 1³/₄ cups) cooked, mashed sweet potatoes and provides about 7.55 1/4-cup servings cooked vegetable. CN Crediting: 1/4 cup cooked, mashed sweet potatoes provides 1/4 cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store frozen sweet potatoes at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Frozen sweet potatoes may be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use. CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 135 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor. STEAMER: Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. Do not boil.



Nutrition Information

Sweet potatoes, mashed

	1/4 cup (64 g)	1/2 cup (128 g)
Calories	64	128
Protein	1.09 g	2.19 g
Carbohydrate	14.98 g	29.95 g
Dietary Fiber	1.2 g	2.3 g
Sugars	5.87 g	11.74 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.35 mg	0.69 mg
Calcium	22 mg	45 mg
Sodium	5 mg	10 mg
Magnesium	13 mg	27 mg
Potassium	241 mg	483 mg
Vitamin A	13357 IU	26714 IU
Vitamin A	668 RAE	1335 RAE
Vitamin C	5.8 mg	11.6 mg
Vitamin E	0.49 mg	0.99 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A225 – SWEET POTATOES, FROZEN, MASHED, 5 LB

USES AND TIPS	<ul style="list-style-type: none"> • Heat mashed sweet potatoes with added spices, other vegetables or fruits. • Use in soups or in baked goods such as sweet potato pie or sweet potato bread.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • Do not refreeze sweet potatoes.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.